

Geisinger Member Update

GHP Family

WINTER 2017

New program offers help for asthma patients

Does your child suffer from asthma? GHP Family has a new program designed to help pediatric patients and their families understand asthma. This program can also help you better treat your child's asthma.

GHP Family has staff designated to helping you access the services and programs available to asthma patients. They can help with transportation to doctor visits, home visits to figure out asthma triggers, and better access to medications. They can also help you learn more about asthma and help your child meet their health goals.

If your child has been newly diagnosed with asthma, has trouble controlling their asthma symptoms, or was recently in the hospital because of their asthma, GHP Family is here to help. For more information or questions about this new program, contact the GHP Family special needs unit at 855-214-8100 (PA Relay 711).

Geisinger Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you.

**Call: 800-447-4000
(PA RELAY: 711).**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (PA RELAY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (PA RELAY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000 (PA RELAY : 711)。

*HPM50 njp Family MU Winter 2017
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You can help your child develop good eating habits

Almost everyone has heard the advice: eat plenty of fruits and vegetables, limit sweets and control portion sizes. While this is good for health, it is sometimes difficult when schedules are busy. Enjoying food and your family is also important. Below are some tips to help you and your family relax a little more and enjoy your food, while promoting good eating habits.

- Whenever possible, have regular meals and/or snacks at the table with your family. If you can't eat together every day, try eating together once a week. Eating together helps you connect with each other. Also, children who eat with their family are less likely to smoke, drink alcohol and may get better grades. Babies develop better language skills as they listen to parents interact at the table.
- The meal doesn't have to be perfect. Try to include healthy foods your family enjoys, but it is also okay to sometimes offer sweet treats with the meal. Let your children help with planning and making the meal as they are able. Children are more likely to eat food they have helped to prepare and plan. Visit these websites for quick, tasty and healthy meals: foodhero.org/ and panen.org/eattogetherpa.
- To make the most of your mealtime, try to keep the TV and cell phones off.
- Once food is on the table, let your child decide what and how much to eat. If you limit the amount, your child may be more likely to overeat when given the chance. Talk about something fun, rather than focusing on what your child is or is not eating. This gives all of you a chance to enjoy your meal and helps your child learn to eat the amount he needs. Trust that your child will soon learn to eat healthy foods, especially if he sees you eating them too.



The main references used for the article are from the following websites: ellynsatterinstitute.org/fmf/fmf100-md-hwh.php and panen.org/eattogetherpa. To see if you qualify for the Women, Infants and Children (WIC) Program, call 1-800-WIC-WINS or pre-apply online at PAWIC.COM.

Formulary updates now available online

You can review the formulary online at GHPFamily.com. The online formulary includes the most recent list of covered drugs, and details on quantity limits, tiers and pharmacy management procedures. When medications are not listed on a formulary, GHP Family will not pay for them unless an exception is granted. Some drugs may require prior authorization. You may contact GHP Family Member Services with benefit questions or to request a printed formulary by calling 855-227-1302 (PA Relay 711), from 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday or Wednesday from 8 a.m. to 8 p.m.

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email: memberupdate@thehealthplan.com*

News from the Department of Human Services (DHS)

Growing up with abuse

Home should be a safe place for a child. When a parent abuses another parent it is not a safe place. When a child is abused it is not a safe place. A child who is abused or sees abuse suffers trauma. Every child reacts to abuse in a different way. Some may grow up to abuse others. Some may be angry, have trouble in school, wet the bed or have problems with attention¹.

A child who is abused or sees abuse may believe false things about themselves including that they:

- Are at fault
- Should have stopped the abuse
- Are not good or strong enough
- Cannot be loved or love another person
- May be violent by nature
- Are not meant to enjoy success in life¹

Trauma can cause lifelong problems. It can result from something that happens one time or many times. Trauma from abuse can cause or increase health problems that may include:

- Misuse of drugs or alcohol
- Problems thinking
- Anxiety or depression
- Smoking
- Eating disorders
- Asthma
- Mental health problems²

If you know a child who is abused or sees abuse there are people who can help. There are also things that can be done to help a child heal from abuse³. Make sure the child is always with people who will provide safety and support. Counseling can also help. Help the child have healthy relationships. Protect them from abuse and other things that cause trauma.

Anyone who has been abused may call the National Dating Abuse Helpline to talk or get advice from a teen or adult: 866-331-9474 [TTY 1-866-331-8453]. Or visit the websites: loveisrespect.org/ or thatsnotcool.com/. To find the domestic abuse program nearest you, visit pcadv.org and click on Find Help or use the Find Help map on the home page.

1. *Childhood Domestic Violence Association. What is the impact of CDV? <https://cdv.org/what-is-cdv/the-impact/>. Accessed 29 August 2017.* 2. *Centers for Disease Control and Prevention. Adverse Childhood Experiences. 1 April 2016. <https://www.cdc.gov/violenceprevention/acestudy/>. Accessed 29 August 2017.* 3. *Blue Knot Foundation. Resilience. <http://www.blueknot.org.au/Resources/General-Information/Resilience>. 2017. Accessed 29 August 2017.*

Help for diabetes management

Geisinger health and wellness offers a variety of programs to help those living with long term or chronic conditions. The *Live Your Best Life* programs are interactive, group programs are offered at no cost and are open to the public. Programs are also available for those with diabetes, pre-diabetes or those who are at risk of developing diabetes. Participants learn healthy eating habits, exercise and relaxation techniques and how to set goals for improvement. Call Geisinger health and wellness at 866-415-7138 to find a program near you.

Geisinger

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Changes to the way GHP Family covers opioid medicines

To fight opioid addiction and misuse, the Commonwealth of Pennsylvania has set rules for opioid medication use. Prescriptions for opioid medications (like oxycodone, morphine, and hydrocodone) are now limited to a 7-day supply for children and a 14-day supply for adults. Additionally, potentially harmful doses will require prior authorization.

Talk to your doctor if you are prescribed an opioid drug and ask if the drug will require prior authorization. You might not be able to get the medication from the pharmacy until your doctor gets the prior authorization. Also, beginning May 1, 2018, new quantity limits for opioid medications will take effect.

For questions about this change or more information, contact the GHP Family pharmacy customer service department at 855-552-6028 (PA Relay 711).

